

REASONS FOR NOT DRINKING AND PRESSURES TO DRINK
A SURVEY OF ADOLESCENT ABSTAINERS

by

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Abstract

Alcohol use among adolescents has been the subject of considerable research. A burgeoning literature exists identifying correlates and factors in teenage drinking. However, little is known about the adolescent abstaining from alcohol. The target of this study was this cohort of abstaining adolescents. The reasons for not drinking and the pressures to drink perceived among a sample of middle adolescent (grade 9) non-drinkers was investigated.

The study was a survey administered in three parts. First, an alcohol-use survey was administered to all participating grade 9 students in two school districts. A second questionnaire was administered to 72 subjects reporting non-use of alcohol on the initial survey. Thirty of these subjects were then interviewed.

Negative attitudes toward alcohol and drinking, a concern about alcohol's effects on health, and a dislike for the taste of alcoholic beverages were among the strongest reasons for not drinking given by the sample. The subjects' own attitudes about alcohol appear to be more important factors in their decisions to abstain than the direct influence of peers, parents or others. As in previous studies, religiosity was a strongly reported factor in the abstinence of a number (25%) of the subjects.

It appears that at least for this sample of non-drinking adolescents, the perceived pressure to drink from peers, adults, the media or society generally is very limited.

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Chapter 1 STATEMENT OF THE PROBLEM

1.1 Introduction

Problems stemming from the use of beverage alcohol constitute some of the most serious health and social issues in the world today. Per capita consumption of alcohol in North America has increased almost every year since the repeal of Prohibition (Rorabaugh, 1981). The past two decades in particular have been described as a period of increasing world consumption of beverage alcohol. Moser (1981), in a review of alcohol consumption patterns in 25 nations, reports increases in per capita consumption of 1-14% from 1960 to 1970 and 30-500% from 1970 to 1975. In Canada, a 30% increase in per capita consumption is reported to have occurred from 1970 to 1978 (Health and Welfare Canada, 1980). The same report lists British Columbia as the province with the highest per capita consumption of alcohol, and also as the province with the highest rate of increase in consumption (38%) during that period. Changes in drinking patterns have been reported accompanying the general increase in alcohol consumption (Room, 1981).

Over the past few decades, increases in alcohol-related problems have also been reported. The Fourth Special Report to the U.S. Congress on Alcohol and Health (DeLuca, 1981), for example, reports that 30% of suicides, 50% of homicides, 60% of rapes and 80% of fire deaths in that country are alcohol-related. In Canada, one in eleven deaths annually is reported to

be directly or indirectly related to alcohol (Health and Welfare Canada, 1984). The same report states that alcohol is linked to 45-54% of motor vehicle crashes in this country.

The effects of alcoholism on the physical and mental health of the individual and family are well documented (e.g., Fourth Special Report to the U.S. Congress, 1981). In Canada in 1980, there were an estimated 600,000 alcoholics - or 1 in 19 drinkers (Health and Welfare Canada, 1984). Changing patterns in adolescent drinking over the past decade are reported in numerous survey studies, such as those of Hollander and Davis (1983), Smart and Gray (1981), and Goodstadt and Sheppard (1982). These changes might be characterized in three dimensions, as follows. First, the percentage of adolescents reporting alcohol use has increased. For example, Hollander and Davis (1983) report an increase in the percentage of adolescents in Vancouver schools reporting current alcohol use from 1974 to 1978, with evidence of a levelling off in reported consumption since that time. Second, studies report increases in the percentage of younger adolescents reporting alcohol use. The Hollander study records such an increase in the Vancouver area, from 69.4% of students 14 and under reporting having used alcohol in 1974, to 80.0% of students in the same age group reporting having used alcohol in the 1978 survey. Smart and Murray (1982) report a similar trend in a review of studies conducted in 8 countries (including Canada) during the 1970's. Third, there is evidence that during the 1970's in particular there were increases in reported frequent and heavy consumption

of alcohol among adolescents. Goodstadt and Sheppard (1982), for example, studied development of trends in alcohol use among Ontario secondary school students over a ten-year period, from 1969 to 1979, and reported a trend toward more frequent and heavy consumption, with a large reported jump in weekly consumption between 1970 and 1972. For example, in 1970, 19.5% of grade 11 students reported weekly drinking; in 1972, 27.5% reported doing so. This rise in frequent drinking was attributed by Goodstadt and Sheppard largely to a reduction of the drinking age in Ontario from 21 to 19 years which occurred during that period.

In Canada, the overall percentage of adolescents over the age of 15 reporting at least monthly alcohol use is currently about 60% (Health and Welfare Canada, 1984).

Problems among adolescents resulting from alcohol consumption are described in reviews of adolescent alcohol and drug use (e.g., Kandel, 1980; Mayer and Filstead, 1981). While the exact number of teenage alcoholics is not known, it is estimated that the percentage is probably the same as that reported for the adult population (Alcohol and Drug Commission, 1981). Other problems occurring among youth which are attributed frequently to alcohol use include impediments in the development of interpersonal relationships, vandalism, suicide, and accidental injuries (Mayer and Filstead, 1981). Kandel (1980) reviews her own and other studies which associate adolescent alcohol use with both subsequent use of other drugs and a higher

incidence of alcohol problems later in life. Kandel reports a drug use hierarchy in which alcohol use among adolescents is seen to precede other drug use. Huba, Wingard, and Bentler (1981) for example, conducted a two year study, relating first year use of alcohol among subjects to secondary use of marijuana. Cause and effect relationships cannot be stated based on such studies, but they do serve to reinforce the commonly held belief that alcohol, for adolescents, is a "gateway" drug (National Institute on Drug Abuse, 1981).

The association between alcohol use in adolescence, particularly early adolescence, and later problems with alcohol, is reported in numerous studies (e.g., Cahalon & Room, 1974; Kleinmann, 1978; Greene, 1980; Addiction Research Foundation, 1983). Such studies associate the age of onset of drinking with later problems such as alcoholism. Kandel (1981), in reviewing studies on the relationship of early alcohol use and subsequent problems, reports that

"early initiation to alcohol use is associated with measured liability, greater subsequent abuse, a greater probability of involvement with more serious drugs, lower performance in social roles, and greater involvement in deviant activities" (p.20).

Again, association studies such as these do not establish cause and effect relationships. However, they do suggest that adolescent alcohol use is associated with other potentially harmful behaviours, and underscore a need to understand better the factors involved in alcohol use and non-use among young people. The current study seeks to contribute new information useful to those working in the adolescent alcohol abuse field,

through a study of adolescent abstainers. This study investigates the reasons for not drinking, among a sample of middle adolescent (grade 9) students reporting abstinence from alcohol. In the subsequent parts of this chapter the research problem is described, the specific research questions addressed are listed, terms used in the study are defined, and the target population for the study is identified.

1.2 The Research Problem

1.2.1 Rationale/Justification for Studying Non-Drinkers

A considerable body of research focuses on the nature, correlates and predictors of adolescent alcohol use. Numerous review articles and textbooks on teenage drinking have been published (e.g., Kandel, 1980, 1981, 1982; Gaines, 1982; Coombs and Dickson, 1981; Mayer and Filstead 1981; Lettieri and Ludford, 1981). A review of the literature reveals little research however, on the adolescent abstainer. Two reasons for seeking a clearer understanding of young non-drinkers are given below.

First, adolescent abstainers comprise a significant portion of the adolescent population. The average age of first use of alcohol in Canada is reported to be 12 years (Health and Welfare Canada, 1982). At this age, - with regional variance - about 57% of the population have still abstained from alcohol use (Addiction Research Foundation, 1983). This proportion decreases throughout adolescence to about 9% by age 17. The need for full comprehension of alcohol related behaviour in adolescence

demands a better understanding of the abstaining group, which obviously declines with age.

Second, there is evidence that the non-drinking cohort of adolescents - and adults - has declined in many countries over the past few decades (Smart & Murray, 1981). By age 14, persons who have abstained from alcohol use are a minority of the age-group population. To provide support for the non-drinker in a predominantly drinking society, the influences affecting this cohort need to be understood. This need to understand and to provide support for the non-drinker is argued by Heather and Robertson (1983), two Scottish psychologists, as follows.

"The chief reason for wishing to rationalize the goal of abstinence is that we believe it to be an increasingly difficult behavioural pattern to sustain in a society where social and religious supports for the role of tee-totaller are rapidly decaying... The truth is that abstainers are deviants in most of the modern world, and the social and psychological problems encountered as a consequence of deviance have been insufficiently explored. Thus it is in the context of moderate drinking as a pervasive cultural norm that special justifications for abstinence arise." (p.144)

1.2.2 Research Questions Addressed

This study focused on middle (grade 9) adolescents. The specific questions addressed in the study were as follows:

- 1) What are the reasons cited for not drinking by middle adolescents reporting non-use of alcohol?
- 2) What pressures to drink, if any, are cited by middle (grade 9) adolescents reporting non-use of alcohol?

The first question was addressed to gain insight into the various reasons which a sample of middle adolescents name for their abstinence. While a few studies of adolescent alcohol use correlate non-drinking with such factors as religiosity (Schlegal and Sandborne, 1979) and negative attitudes toward alcohol use (Skiffington and Brown, 1981; Reed, 1981), researchers have generally not questioned adolescents directly concerning their reasons for non-use of alcohol.

The second research question was addressed to determine the pressures to drink, if any, perceived by the sample. Various studies have reported positive relationships between alcohol use and peer alcohol use (Coombs and Dickson, 1980; Liccione, 1980), parental drinking (Coombs and Dickson, 1980), and one's own expectations about drinking (Rohsenow, 1983). However, the factors pressures to drink which may be felt by the non-drinking adolescent have been the subject of little research. (Studies of non-drinkers which have been conducted are reviewed in Chapter 2):

1.3 Definitions of Terms Used

The following terms were used in this study as defined below:

- 1) ABSTAINER in this study refers to the person who reports no alcohol use in his/her lifetime, or no use in the past year (other than as part of a religious ceremony such as in communion), and who classifies himself/herself as a non-drinker. This definition is similiar to that used by

Stumphauzer (1983), but differs significantly from that of Margulies, Kessler, and Kandel (1977), who used the term to mean abstainers from distilled spirits.

The term NON-DRINKER is used synonymously with ABSTAINER in the current study.

- 2) MIDDLE ADOLESCENT refers to grade 9 students (mean age 14 years - and the mean age of the subjects in the study). A rationale for using members of this population is given in section 1.4.1.
- 3) PRESSURES to drink were defined as activities, events, behaviours, or attitudes which may be seen to encourage drinking or to make it more difficult to not drink.
- 4) REASONS for not drinking were defined as factors which may be seen to reinforce, justify, or support non-drinking.

1.4 Scope of the Study

1.4.1 Choosing the Population

The population used for the study was the cohort of grade 9 students in two Vancouver area school districts reporting non-use of alcohol. Parental consent was required to participate in the study. Abstaining subjects were selected using an alcohol use survey, which is described in Chapter 3.

The abstinent cohort varies in composition among different adolescent age groups. Figure 1, which is based on a province-wide survey of Ontario secondary school students (Addiction Research Foundation, 1984), used essentially the same criteria for abstinence as the current study - no reported alcohol use in

the past year. As the graph shows, a slight majority (52.4%) of younger adolescents (age 13 or less) reported abstinence in the past year. Conversely, less than 10% of older adolescents (18 and over) reported abstinence from alcohol in the previous year. A steady decline of the abstinent cohort with age is thus illustrated. The younger group is likely comprised of a great many individuals who simply have not yet begun to use alcohol, but soon will. On the other hand, many of the older (18+) group are likely individuals who have maintained their abstinence throughout adolescence in spite of continued opportunities to drink (Alexander & Campbell, 1967). The intermediate group (14-15; 16-17) is a "transition" group, containing many persons who will remain abstinent into adulthood, and many others who will soon begin to drink. It can be argued, then, that the three groups are different in their composition. The middle, "transition", group was the target of this study.

1.5 Summary

Alcohol use, and problems stemming from the use and abuse of alcohol, are prevalent in society. The dominant focus in research regarding adolescent alcohol use has been upon the teenage drinker. Conversely, little has been reported about the young non-drinker.

This study investigates some of the reasons for not drinking and pressures to drink among a sample of non-drinking adolescents. Terms used in the study are defined, and the choice of a single age group population (grade 9) for the focus of the

study is explained.

In chapter 2, the research to date investigating the factors in use and non-use of alcohol among adolescents is reported.

Chapter 2

REVIEW OF THE LITERATURE

2.1 Introduction

To provide an adequate background for the study, this review is conducted in four main stages. First, models basic to current research on adolescent alcohol use are described briefly. Second, some of the studies investigating different influences on adolescent drinking patterns in general are reviewed. Third, and more specific to the research problem at hand, studies focusing on the adolescent non-drinker are discussed. The review is summarized in terms of the major trends in the studies reviewed. Such a comprehensive review of the literature is necessary in light of the fact that relatively little research on adolescent abstainers has been reported and no previous research investigates the reasons for not drinking and pressures to drink among this group.

2.2 Models of Adolescent Alcohol Use

Several models have been presented attempting to describe adolescent drinking behaviour. All of the models reviewed subscribe to social-learning theory (Hirschi, 1969) - that drinking is a learned behaviour largely assimilated from parents and peers. Three are discussed briefly here.

Zucker (1978) presents an organizational structure of the influences on drinking behaviour, placing influences on adolescent drinking behaviour in three classes: a) social-

cultural/community influences (e.g., religion, ethnicity), b) family and peer influences (e.g., alcohol use by family and friends), c) intra-individual influences (e.g., one's own attitudes and beliefs about drinking). These influences, in Zucker's structure, are seen to work together to influence the individual's pattern of use (or non-use) of alcohol.

Gaines (1982) sums up the major factors he considers important in the development of adolescent drinking (or non-drinking) patterns very similarly to Zucker: a) socio-cultural, b) parental behaviour, c) peer behaviour, and d) physiological/psychological characteristics of the subject. Gaines also attributes use or non-use of alcohol to one or more combinations of these factors.

Mayer and Filstead (1980), in a review of their own and other research, cite peer pressure, parent modelling, and individual personality as the major factors in adolescent patterns of alcohol use - including abstinence.

All of the studies which are reviewed in this chapter reflect the assumptions described above - that alcohol-related behaviour is influenced by the individual's own personality and genetic predisposition, as well as by significant others and by the broader socio-cultural milieu.

2.2.1 Parental and Peer Influences

A number of studies report parental and peer influences on adolescent drinking patterns. Coombs and Dickson (1981) reviewed studies on the influence of parents on their children's drinking and drug use behaviour. They discuss a "generalization effect", (p.2) in which adolescents use of not only alcohol, but illicit substances as well, correlates positively with parental use of legal substances (alcohol and tobacco). Conversely, Coombs and Dickson report that children of abstaining parents in the studies reviewed were less likely to use licit or illicit substances. Walker, Jariinska, and Cornes (1978), in a review of research on adolescent alcohol use, also cite parental attitudes toward adolescent drinking as the best predictor of teenage alcohol use. This is consistent with Coomb's review of parental influence.

However, other studies report that peer influence on adolescent drinking appears to be stronger than that of parents (e.g., Smart & Gray, 1979; Riddle, Bank, and Marlin, 1980; Krohn, Akers, Radosevich, and Lonza-Laduce, 1982; Rooney, 1982/83). For example, Smart and Grey (1979), in a survey of the total population of two Ontario secondary schools, reported no significant correlation between parent and student alcohol behaviours. They did, however, report a significant correlation between problem drinking and a sense of isolation from family and educational controls.

Biddle, et.al. (1980) performed a path analysis of data obtained in interviews (n=149) with adolescents in the midwestern U.S. Perceived use of alcohol by the samples' peers was reported to be a stronger predictor of use of alcohol by the subjects than parental drinking, a trend reported to be more apparent with increasing age. Parents with attitudes (as perceived by their children) against alcohol use were reported to be likely to have adolescent offspring who did not drink. However, the subjects' own expectations about drinking were reported to be the strongest predictors of intention to use alcohol. Younger subjects were reported to be more affected by parental norms than were older subjects.

Krohn, Akers, Radosevich, and Lonza-Kaduce (1982), surveyed grade 7-12 students (n=3,065) in the midwestern U.S., hypothesizing that normative climate (the attitudinal norms of the subject's parents, peers, and community) would correlate positively with alcohol use by adolescents. Three major "climates" were described: a) proscriptive (no alcohol or drug use sanctioned) b) prescriptive (use sanctioned with guidelines) and c) permissive (use sanctioned with no guidelines). Peer alcohol use was correlated most strongly ($r=.59$) with use by subjects. Parental drinking also correlated positively ($r=.37$) with subject use. The least reported use of alcohol or any substance was in the population characterized as having a proscriptive climate.

Rooney (1982/83) investigated informal control sources (parents/peers/community) on adolescent drinking behaviour, using a survey of all grade 12 students from 30 northeastern U.S. high schools ($n=4,941$). Alcohol (beer) use, and subsequent alcohol problems were correlated with the standards regarding alcohol use of the subjects themselves and their peers, close friends, other students, parents, and other adults within the community. The strongest correlations found were between alcohol consumption by subjects and a) the number of friends drinking ($r=.442$) and b) the subjects' own standards regarding alcohol use ($r=.441$). Rooney's findings are similar to those of Biddle et.al. (1980).

2.2.2 Sex Differences

Kandel (1982) cited numerous studies reporting diminishing differences in alcohol consumption between adolescent males and with the proportion of females reporting alcohol use nearing that of males. Gersick (1981) also reviewed research related to sex differences in teenage drinking, and concluded that sex differences in drinking had become almost indistinguishable. Canadian surveys of alcohol use among adolescents such as those of Hollander and Davis (1983), Cleathero (1982), and Goodstadt and Sheppard (1982), also indicate diminishing sex differences in reported consumption. One possible reason for such a decline in abstinence among females was discussed by Kiel (1978). In a household survey of women in Pennsylvania, he reported that younger women and those performing less traditional roles, were more likely to report drinking and drinking more frequently than

women performing more traditional roles.

2.2.3 Self-Esteem

The relationship between self-esteem and reported alcohol and drug use among adolescents has been examined in a number of studies. Reviews of the self-esteem and drug use subject (Kandel, 1982; Gersick, 1981) report that a strong self-image is a "buffer" against self-damaging behaviour (e.g., chronic heavy use of alcohol).

Butler (1982), however, surveyed young adolescents and found abstainers to score higher in perceptions of their bodies, behaviour, health, physical appearance, skills, and sexuality than did drinkers. Using the Tennessee Self-Concept Scale with a sample of grade 7-8 students (n=388), infrequent drinkers were, in turn, reported to score higher than frequent drinkers.

Slavic (1981) also compared self-concept scores of adolescents with their reported alcohol use. Using the same self-concept scale as Butler among a sample of secondary school students in the midwestern United States (n=167), he reported no significant differences between subject's self-concept scores and the extent of their drinking.

2.2.4 Attitudes and Expectations Regarding Alcohol

Several studies have examined the possible relationships between attitudes and expectations about alcohol use among adolescents, with actual drinking patterns.

For example, Schwarz (1978) correlated reported sensation-seeking behaviour with alcohol use in a sample of college students ($n=242$). Desire for disinhibition, a susceptibility to boredom, and seeking of thrilling experiences were all positively correlated with alcohol use in the sample ($r=.59$, $.27$, $.32$ respectively).

Skiffington and Brown (1981) compared attitude scores of grade 11 students in Pennsylvania ($n=3,568$) with their reported use of alcohol. The abstainers in the sample were reported to be significantly more negative in their attitudes toward alcohol than drinkers.

Reed (1981) also studied the attitudes of adolescents toward alcohol, among the student population of two secondary schools in the U.S. Pacific Northwest ($n=865$). Several variables were used to predict subjects scores on Likert-type scales of attitudes toward alcohol. The best predictors of positive or negative attitudes toward alcohol in the study were parents' drinking rates, parents' perceived attitudes toward drinking, grade level (age), and perceived attitudes of friends. All were positively correlated with subjects' attitudes toward alcohol use, and together they accounted for 42% of the variance in attitude scores.

2.2.5 Religiosity

Religious beliefs have been reported as a significant factor in moderating alcohol use and also as a factor in abstinence.

Burkett (1977) surveyed all senior classes in three Pacific Northwest high schools to determine the relationship of reported religious affiliation to drinking. Church attendance, conformity to "worldly authority", and conventional morality (e.g., integrity) all correlated negatively with alcohol use by subjects ($r = -.32$, $-.45$ and $-.41$ respectively). Alcohol use was most frequently reported among youth reporting no church attendance.

Schlegel and Sandborne (1979) studied secondary school students in Ontario, comparing religious affiliation with reported alcohol use. In the study, students belonging to fundamentalist denominations (e.g., Baptist) formed the highest proportion of abstainers. Also, there were both a lower percentage of drinkers and a lower percentage of heavy drinkers among the subjects reporting religious affiliation, compared to the subjects reporting no such involvement.

Khavari and Harmon (1982) surveyed adult respondents in the U.S. over a three-year period from 1975 to 1978, associating the degree of professed religiosity among the sample with reported drug use, including alcohol. The use of alcohol (and other drugs) was significantly greater for the group reporting that they were not religious. Khavari also reported an alcohol use hierarchy among the subjects, ranging from the most drinking among those who professed to be not religious at all to the least drinking among those who considered themselves very religious.

2.2.6 Studies of Non-Drinking Adolescents

Studies focusing on non-drinking adolescents are few in number and do not appear to follow any definite pattern. Many report findings similar to some of the studies reviewed in the preceding sections.

In a study of secondary school students in North Carolina (n=5,115), Alexander and Campbell (1967) reported relationships between the drinking patterns of subjects and a) their perceptions of drinking by friends and b) their perceptions of their parents' approval of drinking. Of the members of the sample whose parents reportedly did not approve of drinking whose best friends did not drink, 88% were abstainers. Conversely, only 11% of those in the sample whose parents approved of drinking and whose best friends drank were abstainers. These findings concur with those of the studies reviewed earlier reporting a relationship between adolescents' alcohol use and the attitudes of their parents and peers toward drinking.

Stacey and Davies (1973) surveyed a large urban sample of 14-17 year olds in Scotland, comparing personality attributes between abstainers and drinkers. They reported abstainers to have a relative lack of the attributes of toughness and sociability - both argued to be desirable among adolescents by the researchers. Abstainers were also qualitatively described in the study as "staying at home most nights", "seldom going to parties", (and being) "conventionally moral and conservative,"

(p.319).

Perhaps the best known study involving adolescent non-drinkers is that of Jessor and Jessor (1975). In this study, a sample of abstainers selected from among 218 grade 9 students in a school district in the western United States, were surveyed annually for three years, from 1969 to 1972. The purpose of the study was to observe the onset of drinking among the sample and to examine differences in personal, social, and behavioural attributes between subjects starting to drink earlier, later, or not at all during the period of the study. Questionnaire data was collected from subjects once annually. During the first year, 24 subjects began drinking, the second year, 48, and the third year, 60 - with 41% of the original group remaining abstinent at the end of the study. Jessor and Jessor report that the group remaining abstinent throughout the study

"showed the least inclination (of all subjects in the study) to problem behaviour, strongest personal controls against transgression, highest degree of religiosity, highest reasons against drinking, least perceived approval in the environment of drinking, lowest approval of drinking by friends, and the least amount of general deviance." (p. 38)

The other three groups were reported to be intermediate on the above characteristics, with those beginning to drink in the first year being most unlike the persistent abstainers on the measures used.

Using a sample of 492 grade 10-12 students in California, Noel (1979) also compared drinkers and abstainers on personality and attitude measures. No significant differences between drinkers and non-drinkers were reported on the personality measure used. However, on the attitude measure, abstainers - in contrast to their drinking peers - were reported to disapprove of both drinking in general and drinking among teenagers.

Mayer and Filstead (1980), in a study comparing abstaining and drinking 16 year olds in California, report findings similar to those of Jessor and Jessor. Reported alcohol use by subjects in the study was compared to their scores on the California Personality Inventory. Abstainers in the study were reported to score higher than drinkers on indices of "sense of well-being, responsibility, socialization, self control, tolerance, and achievement via conformance". (p.155).

2.3 Summary

2.3.1 Trends in the Studies Reviewed

In attempting to find trends and to glean useful information from the previous studies relative to this study, it should be remembered that all of the studies reviewed in the previous sections were association studies. It would be inappropriate then, to assume causal relationships among the factors and influences on adolescents drinking and non-drinking discussed. However, there do appear to be certain trends in the data from the studies reviewed, which are summed up as follows.

- 1) Some studies have reported a relationship between parents'

attitudes and behaviour regarding alcohol, and alcohol use by their offspring. Parents of abstainers are reported to be more likely to be abstainers themselves or to disapprove of alcohol, than parents of drinking adolescents. (Alexander and Campbell, 1967; Walker, et.al., 1978; Krohn et.al., 1979; Coombs and Dickson, 1981).

- 2) Some studies have reported a relationship between peer (especially friends) attitudes and behaviours regarding alcohol and alcohol use by individual adolescents. Abstaining teenagers are reported to be more likely than their drinking peers to have friends who do not drink, or approve of drinking themselves (Alexander & Campbell, 1967; Jessor & Jessor, 1975; Rooney, 1982/83).
- 3) There is growing evidence that the proportion of adolescent female drinkers is approaching that of their male peers. Relative proportions of non-drinkers do not appear to have been reported. (Gersick, 1981; Kandel, 1982).
- 4) Some studies have reported a negative relationship between active religious affiliation and alcohol use/abuse by adolescents. A few studies have also associated religiosity and abstinence. (Jessor & Jessor, 1975; Burkett, 1977; Schlegel & Sandborne, 1979).
- 5) There is no clear trend in the findings of previous research relative to the possible relationship between self-esteem and adolescent alcohol use/abuse. However, a few studies have reported certain personality attributes among abstaining subjects such as strong personal controls against

transgression (Jessor & Jessor, 1975) and achievement via conformance (Mayer & Filstead, 1980).

As noted earlier, it would be unwarranted to consider the trends above to be definitive statements regarding the broader adolescent non-drinking population. It is evident also, from the review, that little research has actually been conducted to gather information about the adolescent non-drinker. Indeed, the fact remains that little is known about this cohort of adolescents.

The current study seems to add to this knowledge, investigating an area which does not appear to have been addressed previously - the reasons for not drinking and the perceptions of pressures to drink given by a sample of adolescent abstainers.

Chapter 3

METHODOLOGY

3.1 Introduction

The method used in this study was a survey consisting of the following three parts:

- 1) An alcohol-use survey administered to all students having parental permission to participate in the study.
- 2) A second questionnaire administered to a sample of non-drinking subjects.
- 3) Interviews conducted with 30 members of the non-drinking sample.

In this chapter, the selection of subjects, development of survey instruments, and procedures for data collection and analysis are discussed. Also, limitations of the study are identified.

3.2 Selection Of Subjects

3.2.1 Population

As discussed in chapter 1, the population for the study was middle adolescents; specifically, the grade 9 population of two Lower Mainland school districts.

Letters were sent to the superintendents of several Lower Mainland school districts explaining the study and soliciting the participation of their districts (Appendix A).

Permission was obtained from two school districts to use their grade 9 populations for the study, subject to the approval of individual school principals. It was decided to conduct the survey in both districts in order to obtain as large a sample of non-drinking subjects as possible.

All nine of the secondary schools within the two districts agreed to participate. One school was then selected in which to conduct a pilot study.

All grade 9 students in the schools received a consent form to be signed by a parent or guardian. This form explained the study in general terms and outlined the involvement required of participants (Appendix B). A minimum of five days was allowed for the return of these forms.

A total of 547 students (230 males, 312 females), or 32.7% of eligible grade 9 students, obtained permission to participate in the study. This number did not include students from the pilot school. The pilot is discussed in section 3.3.1.

3.2.2 Sample

To identify the students to be considered non-drinkers, the students having parental permission to participate in the study were administered the alcohol-use survey described in section 3.3.2.1. A student was considered to be a non-drinker if he or she: a) reported no alcohol use in the last year, and b) classified himself or herself as a non-drinker.

Among the 547 participating students, 92 (16%) met the non-use criteria. Although efforts were made to have all of these non-drinking students complete the second questionnaire, 20 students did not do so. The remaining 72 non-drinking students formed the sample for the study. This sample included 21 males and 51 females and comprised 13% of the original 547 participating students in the non-pilot schools.

Thirty students (15 males, 15 females) were chosen at random from the sample non-drinkers for interviews. These students were given a second parental consent form (Appendix B). Five did not obtain parental permission to be interviewed, and were replaced from the list of remaining non-drinking subjects.

3.3 Procedures

3.3.1 Pilot Study

The purposes of the pilot study were as follows:

- 1) To collect data from which to test the reliability of the second questionnaire.
- 2) To reveal problems which the students might have in understanding items in the instruments.
- 3) To reveal any problems in the procedures used in the study.
- 4) To provide an opportunity to practice interviewing students and to reveal any problems in the interview format.

A total of 170 (83.3%) of 204 students enrolled in the pilot school completed the alcohol-use survey. A sample of 29 non-drinking students completed the second questionnaire, and six pilot interviews were conducted. The pilot had several

influences on the final study. For example, several items on the second questionnaire were revised, based on the LERTAP analysis described in sections 3.3.2.2. Also, pilot subjects were encouraged to name anything which they did not understand on the questionnaires. Resulting from input by those subjects, for example, an oral explanation of how to read and respond to the scaled items on the second questionnaire and an explanation of the term culture (item Number 19, second questionnaire, Appendix D) were given in administrations of the questionnaire in the final study.

As for the interviews, the responses of subjects in the pilot survey resulted in the addition of a reason for not drinking on the second questionnaire ("I probably wouldn't do as well in school if I drank"). The most significant influence of the pilot interviews, however, was the practice it provided the interviewer in conversing with subjects while following the interview format. This practice resulted in a higher degree of consistency in interviewing the subjects in the final study.

3.3.2 Instrumentation

3.3.2.1 Alcohol-Use Survey

The alcohol-use survey (Appendix C) was developed for the purpose of identifying non-drinking subjects from among the general grade 9 population. Eight items were included, soliciting information about each student's age, gender, use of alcohol, self-classification in regard to alcohol use, and most important reasons for not drinking (or drinking). For the

purposes of the study, only the two biographical items, (age, in years, gender), the three alcohol use items (lifetime use, use in past year, use in past month) and the self-classification item (I do not drink, I occasionally drink, etc.) were analyzed. The alcohol use items were patterned closely after those from a drug-use survey developed by the World Health Organization (Smart, et.al. 1980).

Two approaches were used to determine the validity of responses to the survey. First, the self-classification item was repeated on the second questionnaire, and the responses of the non-drinking subjects to the item on both questionnaires were compared. All of these subjects gave the same answer ("I do not drink") on both instruments, indicating consistency of response. Second, it was assumed that if the subjects interviewed were indeed non-drinkers, then the alcohol-use survey had "done its job" correctly in identifying them. This appeared to be the case, as all of the 30 subjects interviewed confirmed their non-use of alcohol.

3.3.2.2 Second Questionnaire

The second questionnaire (Appendix D) was developed with four sections - excluding three introductory items (age, gender, and self-classification). It was developed through the consensus of a panel of six educators, including two faculty members of the Science Education department at the University of British Columbia, two persons experienced in psychometrics and instrumentation, a junior-secondary school guidance counsellor,

and an experienced alcohol educator.

For section I of the questionnaire, 22 items were developed which describe possible reasons that adolescents might give for not drinking. These included such reasons as one's personal attitudes toward alcohol (e.g., "I enjoy myself without it"); a concern for health (e.g., "I want to be healthy"); peer alcohol use and/or attitudes (e.g., "My friends do not drink"); religion (e.g., "Drinking is against my religious beliefs"); and age (e.g., "I am too young to drink"). Three items were "gender-specific", relating only to male or to female subjects.

The 22 developed items were intended to cover a variety of reasons for not drinking, but were not considered to be an exhaustive list. Opportunity to write in reasons was provided.

For sections II and III, twenty "situations" were identified in which it was considered reasonable that pressure to drink could occur among adolescents. These included such potential influences as the media (e.g., seeing T.V. beer commercials), peer alcohol use (e.g., hearing other teenagers talking about how much fun they had drinking), and adult alcohol use and attitudes (e.g., seeing adults drink). Four gender-specific situations were developed (e.g., being encouraged to drink by a boy/girl (you) really like).

In section II, subjects were asked how often they had been in each situation and in section III, subjects were asked to record how much pressure they perceived in each of the same

situations.

Section IV of the questionnaire was comprised of seven items in which subjects were asked to scale the "overall" pressure they felt to drink from various sources.

For each section, written instructions were provided. A paragraph was also included which explained the term pressure as it was used in the study. This explanation is essentially a re-statement of the definition of the term given in chapter 1.

Uni-polar, Likert-type scales were chosen for the questionnaire items, and are listed in Table 1.

Table 1 Scales Used in the Questionnaire

Reasons for Not Drinking

	Very Strong Reason	Strong Reason	Somewhat of A Reason	Very Little Of A Reason	Not At All A Reason
Value:	1	2	3	4	5

Frequency in Situations

	Very Often	Often	Sometimes	Seldom	Never
Value:	1	2	3	4	5

Amount of Pressure Felt to Drink

	Very Strong	Strong	Moderate	Weak	None
Value:	1	2	3	4	5

Five point scales were chosen because they would provide an adequate range of choices without confusing the subjects. Uni-polar, versus bipolar, scales were used because students'

attitudes toward the items were not being sought. As indicated in Table 1, the word scales used were valued from 1 to 5, 1 representing the strongest response and 5 the weakest response.

The pilot data for the questionnaire was analyzed using the LERTAP computer program, which provides Hoyt's Estimate of Reliability, a measure of internal consistency. For affective instruments, a reliability estimate of 0.70 or higher (maximum value 1.0) is considered satisfactory. The analysis of the pilot data revealed an estimate of reliability of 0.89. Since minor changes were made in the questionnaire subsequent to the pilot, the LERTAP analysis was repeated on the data from the main study. Reliability for that analysis was 0.90.

The face validity of the questionnaire was assessed in two ways; a) by consensus of the panel, and b) by asking students in the pilot study to name any parts of the questionnaire which were not clear or difficult to understand.

The panel determined that the question of construct validity could be addressed best through a comparison of the items developed for the questionnaire, and the write-in responses given by subjects in a) the spaces provided to do so, and b) in the interviews. It was reasoned that if the questionnaire items were valid, there should be some similarity between them and the unprompted responses of subjects.

Write-in responses on the pilot study were extremely few, and the data was considered insufficient to use. The subjects' responses in the interviews, however, were similar to the items on the questionnaire (see chapter 4). For example, many of the reasons for not drinking given in interviews were essentially the same as reasons on the questionnaire. Likewise, the interview subjects did not name any pressures not covered by the situations developed for the questionnaire.

3.3.2.3 Interviews

Several questions were developed for the interviews, and tested in the pilot study.

- 1) "What are some of the reasons you do not drink?"
- 2) "What is the most important reason you do not drink?"
- 3) "What pressures to drink, if any, have you felt?"
- 4) "What is the strongest pressure to drink which you have felt?"

No scales were used with these questions. Students responded in their own words, without prompts.

In the six pilot interviews, particular attention was paid to the subjects' understanding of the question. Each interviewee was asked to indicate whether he or she understood each question, and whether there was anything he or she did not understand.

3.4 Data Collection

3.4.1 Confidentiality

The importance of confidentiality in collecting sensitive data such as information regarding personal use of alcohol has been discussed extensively in the literature (Seymour and Bradburn, 1983; Smart et.al., 1980; De Gracie and Vicino, 1981). Steps were taken in the study to maintain confidentiality while still permitting the identification of non-drinking subjects for interviews.

Each copy of the alcohol-use survey and second questionnaire was given a numerical code number, placed on both the questionnaire itself and on an attached cover sheet. Students placed their names on the cover sheets, then detached these and turned them in separately. This process permitted the identification of students reporting non-use of alcohol while at the same time not requiring students to put their names directly on their questionnaires. In explaining the study to students, it was described in general terms and not discussed as a study of non-drinkers. Also, to prevent school staff from readily identifying who were drinkers or non-drinkers, a number of students reporting alcohol use on the initial survey were administered the second questionnaire and interviewed along with the non-drinking sample. No one was told which of these individuals did and did not drink. Data collected from the drinking students was not analyzed as part of the study.

3.4.2 Administration: Alcohol-Use Survey

The alcohol-use survey was administered by classroom teachers in each school. Teachers were instructed to explain the confidentiality of the study, then to ask students to read the instructions carefully and to answer the eight items truthfully. The administration of this survey required only about ten minutes.

3.4.3 Administration: Interviews

The time table for the interviews was coordinated through the school office staff, who ensured that students were not called out of class during examination periods. A room for the interviewing was provided in each school by the guidance staff.

Subjects were allowed to make themselves comfortable prior to beginning the interviews. Each question was presented, and student responses recorded on audio-tape. (sample transcripts, Appendix E)

3.5 Data Analysis

3.5.1 Analysis: Alcohol-Use Survey

Student responses on the alcohol-use survey were entered into a computer file by the individual student code numbers. The code numbers of the subjects reporting no alcohol use in the past year and classifying themselves as non-drinkers were then extracted.

3.5.2 Analysis: Second Questionnaire

As with the alcohol-use survey, data from the second questionnaire was entered into a computer file by student code numbers. The responses of the non-drinking subjects were analyzed using the SPSS-X FREQUENCY COUNT program. This program provided the mean and standard deviation, as well as the number and percentage of subjects making each of the five possible choices, for each item. In chapter 4, the items for each section of the questionnaire are listed in rank order by means, and the five items with the lowest and highest means, respectively, are identified.

3.5.3 Analysis: Interviews

The interviews were audio-recorded, for later analysis. Responses of the subjects were noted on paper during the interviews and later compared to the tapes. Categories of responses were formed wherever more than one subject made similar statements. These categories consisted of a paraphrasing of actual statements made by subjects. The categories and sample statements for each are given in Appendix F.

3.6 Limitations of the Study

There are two limitations to the study which should be noted.

- 1) The sample obtained may or may not be representative of the non-drinking grade 9 students within the participating districts. The percentage of students within the districts who participated in the study was only 32.7%. Moreover,

these students were, in effect, volunteers, and the relevant differences between these students and the rest of the school population are not known. It is possible, for example, that students volunteering to participate and/or having parents willing to allow them to participate differ in some respects from the main body of students. Therefore, the findings of the study are not necessarily generalizable to the entire population of grade 9 abstainers in the school districts involved.

- 2) The reasons for not drinking and pressures to drink discussed in the study are limited to those which subjects could and did consciously identify. In the second questionnaire reasons for not drinking and pressures to drink were limited to those pre-determined by the panel. Other reasons for not drinking and pressures to drink may exist which subjects were not consciously aware of, or did not recall. Therefore, the findings of the study may not encompass all of the reasons for not drinking and pressures to drink existing among the subjects.

Chapter 4

RESULTS OF THE STUDY

4.1 Introduction

This study was conducted to determine some of the reasons for not drinking and the pressures to drink, if any, among a sample of middle (grade 9) adolescents abstainers. Data were collected from 72 subjects reporting non-use of alcohol, as determined by an alcohol use survey developed for this study and described in Chapter 3. The reasons for non-drinking and the perceived pressures to drink were elicited using two methods: A 76 item questionnaire administered to the whole sample, and interviews conducted with thirty individuals. These procedures allowed the scaling of student responses on a pre-determined list of items pertinent to each research question, and provided an opportunity for selected subjects to state, in their own words, their reasons for not drinking and perceived pressures to drink, if any. In this chapter, the methods of data analysis are reviewed and the findings of the study presented. Major trends in the data are described.

4.2 Review of Data Analysis

On the questionnaire, students responded to each item on a five-point uni-polar scale matching the type of question asked. The descriptions and values of the choices for each questionnaire section are presented in Table 1 in chapter 3.

The mean response for each item was the criterion used to judge the strength of response given by the sample. As the values in Table 1 indicate, a lower mean corresponds to a stronger response, and a higher mean to a weaker response.

The questionnaire was analyzed using the SPSS-X FREQUENCY COUNT program, which provides the mean and standard deviation for each item, as well as the number and percentage of subjects marking each of the five choices. Only the mean response for each item is tabulated in this chapter. The data are presented more extensively in Appendix G.

The responses of the subjects interviewed were recorded from the tapes made of the interviews. Where more than one subject gave very similar responses, statements of the subjects were categorized.

4.3 Results: Reasons for Not Drinking

4.3.1 Questionnaire Results

The 19 reasons for not drinking given in Section I of the questionnaire, for which the entire samples' responses were analyzed, are listed in rank order from those with the lowest to those with the highest means. (Note that a lower mean indicates a stronger response by the sample.) As mentioned in Chapter 3, three reasons for not drinking given in the questionnaire were gender-specific. These reasons are listed at the end of Table 2 and are each marked with an asterix (*).

4.3.2 Interview Results

Table 2 Questionnaire Response: Reasons for not Drinking
In Rank order by Means (n=72)

Rank	Mean	Item Description
1.	1.63	I enjoy myself without alcohol.
2.	1.72	Drinking is just not for me.
3.	1.89	I want to enjoy good health.
4.	1.81	I do not like the way people act when they have been drinking
5.	2.13	I have seen someone else suffering from his or her use of alcohol.
6.	2.33	I probably wouldn't do as well in school if I drank.
7.	2.46	I do not like the taste.
8.	2.50	I am too young to drink.
9.	2.50	My parents do not allow me to drink.
10.	2.56	My family does not approve of drinking.
11.	2.67	Adults would not approve of my drinking.
12.	2.76	My friends do not drink.
13.	2.78	It is against the law for me to drink.
14.	2.81	The parents of my friends do not approve of drinking by teenagers.
15.	3.24	Others in my family do not drink.
16.	3.61	Some of my friends might think less of me if I drank.
17.	3.64	It is against my religion to drink.
18.	3.67	I am more popular because I do not drink.
19.	4.10	Drinking is not a part of my ethnic culture.
*.	3.60	Boys like girls more if they do not drink. (girls only)
*.	3.78	Drinking is not very feminine. (girls only)
*.	3.54	Girls like boys more if they do not drink. (boys only)

The 30 subjects interviewed were each asked two questions about their reasons for not drinking:

- a) What are some of the reasons you do not drink?
- b) What is the most important reason for your not drinking?

Where very similar statements were made by two or more subjects,

responses were categorized. These categories and sample responses for each are listed in Appendix F.

Table 3 Five Most Frequently Named Reasons For Not Drinking Given In Interviews (n=30)

	Reason	Times Mentioned	Named As Strongest Reason
1.	I do not like the taste	16	5
2.	Drinking could injure my health	11	6
3.	Drinking is against my religion	8	3
4.	My parents would not approve	7	3
5.	My friends would not approve	5	1

Table 3 lists the five most frequently given reasons for not drinking given in response to each of the two interview questions above.

4.4 Discussion: Reasons For Not Drinking

This sample of non-drinking middle adolescents tended to name reasons related to their own attitudes toward alcohol as the strongest reasons for abstaining. The group as a whole appeared to feel that drinking is "just not for them," and that they can enjoy themselves without it. They reported a desire to enjoy good health, both on the questionnaires and in the interviews. Two of the strongest reasons from the questionnaire suggest also that many of these young abstainers do not like what they have seen others doing when drinking. While religion was a low-ranked item on the questionnaire, it remained a strong reason for not drinking for 25% of the sample, and was named as a reason by eight (26%) of the subjects interviewed. Finally, a

dislike for the taste of alcohol was a frequently appearing reason for abstinence by the sample. Although it did not appear on the top five reasons on the questionnaire (it was 7th), it was the most frequently named reason from among the unprompted interview responses.

Of less apparent importance to the sample as reasons for abstinence was the direct influence of peers, and family. The possible loss of popularity from abstinence received weak response as a reason for not drinking, as did being thought less of by friends. The fear of not being liked by the other sex for being an abstainer also ranked among the lowest in mean response. Disapproval by parents also received weak response in the questionnaire, although it was named as a reason for abstinence by seven (23%) of those interviewed. Abstinence by other family members was also among the least strongly cited reasons for not drinking. Finally, the role of ethnic culture was among the reasons with the lowest response. Unlike religion, it was not mentioned at all in the interviews.

The five reasons for not drinking with the lowest means are ranked numbers one to five on Table 1. "I enjoy myself without drinking" was the reason receiving the strongest response, and was reported as a strong to very strong reason for not drinking by 63 (87.5%) of the subjects. A similar item, "Drinking is just not for me", was the item with the second lowest mean, with 60 subjects (83.3% of the sample) reporting it as a strong to very strong reason for not drinking. "I want to enjoy good health"

was third, with 55 subjects (76.4% of the sample) reporting it as a strong to very strong reason. "I do not like the way people act when they have been drinking" had the fourth strongest response, and was reported to be a strong to very strong reason for not drinking by 54 subjects, or 75% of the sample. The item with the fifth strongest response, in terms of means, was "I have seen someone else suffering from his or her use of alcohol", which 52 subjects (73.3% of the sample) reported to be a strong to very strong reason for not drinking.

The five non-gender specific items with the weakest responses by the sample are ranked number 15-19 on Table 2. Of these, two relate to the influence of the sample's peers. The 16th ranked reason, "Some of my friends would think less of me if I drank" was reported as a strong to very strong reason for not drinking by 24 subjects (33.3% of the sample); and the 18th ranked reason, "I am more popular because I do not drink," was reported as a strong to very strong reason for not drinking by 16 subjects, or 22.3% of the sample.

The other three reasons with the weakest overall response by the sample were: "Others in my family don't drink", the 15th ranked reason, which 24 subjects (33.3% of the sample) reported as a strong to very strong reason for not drinking; "It is against my religion to drink," the 18th ranked reason, which 18 subjects (25% of the sample) reported as a strong to very strong reason for not drinking; and "Drinking is not part of my ethnic culture," the 19th ranked item which only 14 subjects (19.7% of

the sample) reported as a strong to very strong reason for not drinking.

All of the gender-specific items ranked among those with the weakest responses from the sample. For girls, "Boys wouldn't like me if I drank" ranked 16th; and "It is not feminine to drink" ranked 19th. For boys, the statement "Girls wouldn't like me if I drank" also ranked 19th in the ranking from lowest to highest mean.

4.5 Results: Pressures to Drink

4.5.1 Questionnaire Results

As discussed in chapter 3, data relative to the perceived pressures to drink among the sample were collected in Sections II, III, and IV of the questionnaire. These were: a) the frequency subjects reported being in certain situations in which pressure to drink might be experienced (frequency items), b) the extent of pressure reported in these same situations (extent items), and c) the overall extent of pressure perceived from various sources. Tables 4 and 5 list the 16 non-gender specific frequency and extent items, respectively, in rank order from lowest to highest means. (Note again that a lower mean corresponds to a stronger response among the sample, and vice versa.) The four gender specific items are listed at the end of each table and are each marked with an asterisk (*).

Table 6 lists the seven items from Section IV of the questionnaire for which subjects reported the "overall" pressure they felt from various sources.

Table 4 Questionnaire Response: Pressures to Drink
(Frequency Items) In Rank Order By Means (n=72)

Rank	Mean	Item Description
1.	1.47	Seeing T.V. commercials encouraging people to drink a certain brand of beer
2.	2.06	Seeing people drinking on popular T.V. shows
3.	2.14	Seeing or hearing about adults drinking at parties or get-togethers
4.	2.26	Hearing other teenagers talking about how much fun they had drinking
5.	2.31	Hearing students talking about a recent party at which they drank
6.	2.37	Hearing other students talking about how funny someone looked and acted when he or she was drunk
7.	2.49	Hearing an advertisement for beer on the radio encouraging people to drink
8.	2.54	Seeing people drinking at the park or beach
9.	2.86	Hearing that some teenagers older than you were going to get together and drink
10.	3.06	Hearing someone say that "Everyone drinks!"
11.	2.67	Having wine, beer, or liquor offered to you at a meal or a special occasion
12.	3.99	Being at a party or somewhere else, and it seemed that everyone but you was drinking
13.	4.15	Seeing or hearing adults showing acceptance or approval of drinking by teenagers
14.	4.26	Having peers try to get you to drink with them
15.	4.28	Being made fun of for not drinking
16.	4.60	Being encouraged to drink by a friend at his or her home
*.	3.24	Being with a group of girls who were bragging about their drinking (girls only)
*.	3.92	Being with a group of boys who were bragging about their drinking (boys only)
*.	4.71	Being encouraged to drink by a boy you really like (girls only)
*.	4.76	Being encouraged to drink by a girl you really like (boys only)

4.5.2 Interview Results

The 30 subjects interviewed were each asked two questions about the pressures to drink, if any, which they felt. These

Table 5 Questionnaire Response: Pressures to Drink
(Extent Items) In Rank Order By Means (n=72)

Rank	Mean	Item Description
1.	3.61	When I am at a friend's house and he or she wants me to drink with him or her
2.	3.65	When other people my age try to get me to drink with them
3.	3.71	When I am at a party or somewhere else, and it seems that I am the only one not drinking
4.	3.74	When others make fun of me for not drinking
5.	4.06	When I hear other students talk about how much fun they had drinking
6.	4.09	When wine, beer, or liquor is offered to me at a meal or special occasion
7.	4.24	When I hear people say that "Everyone drinks"
8.	4.26	When I hear other teenagers talking about a party at which they drank
9.	4.27	When I see or hear adults accepting or approving of teenage drinking
10.	4.33	When I see or hear of adults drinking at parties or get-togethers
11.	4.34	When I hear other students talking about how good they feel when they get drunk
12.	4.35	When I see or hear about teenagers older than myself going out and drinking
13.	4.49	When I see T.V. commercials for beer
14.	4.51	When I see people drinking on popular T.V. shows
15.	4.62	When I see people drinking at the park or beach
16.	4.64	When I hear advertisements for beer on the radio
.*	3.70	When a girl I really like wants me to drink (boys only)
.*	3.93	When a boy I really like encourages me to drink (girls only)
.*	4.05	When I am with a group of boys who are bragging about their drinking (boys only)
.*	4.09	When I am with a group of girls who are bragging about their drinking (girls only)

were:

- a) "What pressures to drink, if any, have you felt?", and,
- b) "What is the strongest pressure which you have felt to drink?"

Table 6 Questionnaire Response: Pressures to Drink
(Overall Pressure Perceived) In Rank Order By Means (n=72)

Rank	Mean	Item Description
1.	3.93	From wanting to be liked by boys (if you are a girl) or by girls (if you are a boy)?
2.	4.06	From the general acceptance of drinking in our society?
3.	4.13	As a result of hearing that drinking is fun or exciting?
4.	4.21	From seeing or hearing about other teenagers drinking?
5.	4.26	From my friends?
6.	4.44	From T.V. or radio advertising for beer or wine?
7.	4.58	From seeing and hearing about adults drinking?

Table 7 Interview Responses: Pressures to Drink and
Strongest Pressure to Drink Perceived

A. PRESSURES TO DRINK	n
1. I feel <u>no</u> pressures to drink	22
2. When my friends want me to drink	5
3. When people talk about their drinking	3
4. When I am at parties where others are drinking	2
5. When I see my parents drink	2
B. STRONGEST PRESSURE TO DRINK	n
From my friends (no other response given for strongest pressure to drink)	8

Subjects' responses to these questions are listed in Table 7. Where two or more subjects made similar responses, the statements are categorized, sample statements for each category are given in Appendix F.

4.6 DISCUSSION: PRESSURES TO DRINK

4.6.1 Frequency in Which Situations Were Experienced

The group of non-drinking adolescents studied appears largely to witness alcohol use indirectly through seeing it in the media or hearing about other adults or other teenagers drinking. Far less frequently reported are situations involving direct pressure to drink, such as being at a party where others are drinking, being encouraged to drink by friends, or being made fun of for not drinking.

The five situations experienced most frequently, in terms of mean response by the sample, are ranked numbers 1 to 5 on Table 4. The two most frequently experienced items relate to possible pressures to drink from the media. Of the sample, 64 subjects (88.8%) reported having seen T.V. beer commercials often to very often, and 50 (69.4% of the sample) reported seeing people drink on T.V. shows, often to very often.

Two of the five items most frequently experienced were peer related: the fourth ranked item, hearing other teenagers talking about how much fun they had drinking; and the fifth ranked item, hearing students talking about a recent party at which they drank. These items were reportedly experienced often to very often by 47 (65.3%) and 44 (61.1%) of the subjects,

respectively.

The other item in the five most frequently experienced situations was, "How often have you seen or heard about adults drinking at parties or get togethers?," (ranked third) which 48 subjects (66.7% of the sample) reported experiencing often to very often.

Four of the five situations least frequently experienced by the sample involved pressure to drink from peers. These were: being at a party where everyone else was drinking (ranked 12th), which nine subjects (12.5% of the sample) reported experiencing often to very often; having peers try to get one to drink with them (ranked 14th), which four subjects (5.6% of the sample) reported experiencing often to very often; being made fun of for not drinking (ranked 15th) which five subjects (7.0% of the sample) reported experiencing often to very often; and being encouraged to drink by a friend at his or her home (ranked 16th), which only two subjects (2.8% of the sample) reported experiencing often or very often.

4.6.2 Extent of Pressure to Drink Reported

As Tables 5, 6 and 7 show, the sample of non-drinking teenagers in this study reported very little pressure to drink on both the questionnaire and in the interviews. The maximum number of subjects reporting strong or very strong pressure to drink in any situation was only five (boys being encouraged to drink by a girl they "really like"). The item with the strongest response - being encouraged to drink by a friend at his or her

house - had a mean response of only 3.61 (moderate to weak pressure). The seven items in Table VI relating to the overall pressure to drink perceived by the sample are also characterized by very high means and little variance in responses. It appears that among the sample, not only was little pressure reported pertaining to specific situations, but the reported overall pressure to drink was limited as well.

The interview responses regarding pressures to drink (Table 7), tend to reinforce the results of the questionnaire. Of the 30 subjects interviewed, 22 (76%) reported experiencing no pressure to drink. These subjects made statements such as "I just don't feel pressure to drink", "I haven't ever been pressured to drink", or "I don't want to drink, so I don't feel pressured to".

It is interesting to note, however, that the strongest pressures named in the interviews all relate to the influence of peers. Though the situations involving direct pressure from friends or other teenagers were the least frequently experienced by the sample, they generated the most - albeit still a relatively weak - pressure to drink. The same is true of the interview responses. All eight subjects reporting pressure to drink cited friends as the strongest source of pressure.

Chapter 5

CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

The conclusions and recommendations of this study take into account the limitations in the sample. In fact, one recommendation is to replicate the study with a large random sample, taking into account such independent variables as gender and ethnicity.

5.2 Reasons for Not Drinking

The findings of the study suggest that at least for this group of adolescent non-drinkers, a diverse range of reasons for not drinking exist, and there are no one or two single reasons which can explain their abstinence. Negative attitudes toward alcohol, however, are reflected strongly in both the questionnaire and interview data. All of the five reasons most strongly reported on the questionnaire reflect such attitudes among the subjects studied. In addition, the interview responses show such attitudes (Appendix F). Sample responses illustrating negative attitudes toward alcohol were "I just do not like drinking," "There is nothing to be gained by drinking," "It is stupid to drink," and "Drinking doesn't do anything good for you."

Other studies have suggested that adolescent abstainers are negative in their attitudes toward alcohol (e.g., Jessor and Jessor, 1975; Skiffington and Brown, 1981; Stumphauzer, 1983).

The findings of the current study suggest that for the sample studied, negative attitudes toward alcohol are indeed a major supporting factor for abstinence.

Other major reported influences on the sample's abstinence are a concern over the potential ill effects of alcohol on health and a dislike for the taste of alcoholic beverages. For some of the group, religious belief is a major reason for not drinking - a finding similar to the studies reviewed in Chapter 2 (e.g., Schlegel and Sandborne, 1979).

Of less importance to the adolescents surveyed as reasons for abstaining are the influences of peers, families, or others within the community. This is not to say that these influences are not at all important to the sample, however. About 50% of the subjects named parental disapproval of drinking as a strong reason for their abstinence. It is particularly interesting that the group did not strongly report concern over popularity or loss of friends as a reason for not drinking. Judging from the results, this sample of adolescent abstainers is more motivated to abstain by their own feelings about drinking than by a desire to please or to be accepted by others.

If the above pattern is common within the general population of adolescent non-drinkers, then the inter-relationships in the pattern need to be determined. From where do the negative attitudes toward alcohol arise? Do they come as a result of abstinence, or are they learned from abstaining parents and friends? To what degree do they reinforce, or are

they reinforced by, the individual's abstinence? If fear of loss of popularity is indeed not a major factor in adolescent abstinence, is it because most of the abstainer's friends and family do not drink themselves (e.g., Jessor and Jessor, 1975; Cooms and Dixon, 1981)? Could it be that adolescents such as those in the study do not care about popularity through drinking, because they view alcohol negatively?

If the factors in abstinence determined in the present study are found to be true for the broader population of adolescent abstainers, then these questions need to be addressed, since the answers to them would provide a greater understanding of the relationships among the forces leading to and reinforcing abstinence among young people.

5.3 Pressure to Drink

Judging from the data, the sample of non-drinking adolescents in this study experienced situations involving "indirect" pressure to drink much more frequently than they do situations involving direct pressure to drink. That is, they report seeing alcohol used or advertised in the media and hearing about drinking by their peers and adults in the community, more often than they report being actually encouraged to drink by others.

The major finding of this study in relation to the extent of pressure to drink in the sample is that there is a general lack of perceived pressure to use alcohol. The "strongest" pressure - if there was one - was reported to be from peers. Yet

peer related situations, such as being encouraged to drink by a friend or being at a party where everyone else was drinking, were the situations least frequently experienced by the sample.

Since the pressures to drink among abstaining teenagers have not been the subject of much previous research, there is no basis for a comparison of the findings of the present study. One possible explanation of the apparent lack of perceived pressure to drink in the sample studied, and the infrequency in which these individuals reported being in situations where they were directly encouraged to drink, lies in the reasons for abstaining discussed earlier. If these adolescents have a negative attitude toward alcohol, then they would naturally be less likely to be in situations where others around them would be drinking. They may well avoid such situations. It is reasonable to suggest also that if the members of the sample as a whole possess negative attitudes toward alcohol, they would feel less "pull" toward drinking behaviour - a behaviour which they see as undesirable. Therefore the "pressure" to drink - a sense of being made to want to or feel like drinking - is not perceived because there is no internal desire to do so in the first place. Of course, such a scenario can only be suggested.

As in the case of reasons for not drinking, the findings of the present study need to be confirmed, and the inter-relationships between the reasons for not drinking on the pressures perceived to drink determined. For example, if abstainers do indeed feel little or no pressure to drink, it is

important to determine whether that lack of pressure is a function of abstinence itself, or whether the infrequency of direct pressure to drink contributes to abstinence - since the "good effects" of alcohol which may lead drinkers to drink are not often seen or experienced.

One way of illuminating these relationships would be to study adolescents longitudinally - as did Jessor and Jessor (1975). Such an investigation would study the reasons for not drinking and pressures to drink reported over time as members of the initial sample began to drink. Changes if any in the perceived pressure to drink associated with the onset of drinking could be examined.

This study has provided insights into the reasons for not drinking and pressures to drink within a sample of abstaining middle (grade 9) adolescents. Though the results cannot necessarily be generalized to a larger population and gender-based differences were not examined, they do suggest several important patterns which need to be confirmed and investigated further.

The non-drinking adolescent remains a relatively little understood yet very important cohort within the population. To delineate clearly the forces leading to and reinforcing abstinence - and the relationship between these forces - is of critical importance. Through doing so we may be able to consider the non-drinker more effectively in adolescent alcohol-education programs, and indeed we may move closer to understanding and

preventing alcohol problems among young people.

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APPENDIX A

LETTER TO DISTRICT SUPERINTENDENTS

APPENDIX B
PARENTAL CONSENT FORMS

THE UNIVERSITY OF BRITISH COLUMBIA
FACULTY OF EDUCATION

Dear Parent or Guardian:

With the permission of your child's school, we are conducting a study of the supports for not drinking and the pressures to drink alcoholic beverages which may exist among Grade 9 teenagers. The study does not focus on teenage drinkers. Rather, we are seeking to gather information helpful to parents, schools, and youth in dealing successfully with the pressures to drink which teenagers may feel. It is being conducted as part of a thesis for a Masters degree in Science (Health) Education by Colin R. Mangham, an experienced alcohol educator.

Participation in this study is completely voluntary and students may withdraw at any time, if they wish.

Participating students may be asked to complete two questionnaires. All students will complete the first one, which asks several questions about alcohol use or non-use. Some participating students will be asked to complete a second questionnaire which deals with supports for not drinking and pressures to drink, such as peer pressure. This questionnaire takes about one hour to complete. The school has kindly agreed to provide time for the completion of these questionnaires.

Student's answers will be kept strictly confidential. They will be read only by the persons conducting the study. In analyzing responses we are concerned with group data rather than individual responses.

in a final part of the study, a small sample of students will be interviewed. Written consent of those students' parents or guardians will be obtained before interviews are conducted.

At this time we are requesting permission for your child to complete only the two questionnaires described above. Please indicate your consent or refusal in the space provided below. It would be helpful if you could return this letter to the school within the next few days. We appreciate your consideration of this request.

Sincerely,

Clifford J. Anastasiou, Ph.D.
Professor of Science Education

Colin R. Mangham, B.Ed.
Graduate Student

Student's name:

I DO / DO NOT permit my child to complete the two questionnaires described above.

Signature of parent or guardian

THE UNIVERSITY OF BRITISH COLUMBIA
FACULTY OF EDUCATION

Dear Parent or Guardian:

You may remember that with the cooperation of your child's school we are conducting a study of the supports for not drinking and pressures to drink alcoholic beverages among grade 9 teenagers. Thank you for permitting your child to complete the questionnaires we have administered. The final - and most important part of the study - is to listen to what the students themselves have to say about these supports and pressures in interviews. We would like to request your permission for your child to take part in such an interview.

The interview will be strictly confidential. Student responses will be seen and heard only by the persons conducting the study. Participation is voluntary of course and students may withdraw at any time. The interviews will last about one hour and will be conducted by Colin Mangham, one of the undersigned. The school has kindly agreed to release students from class for this period. If you have any questions about the interview, please feel free to phone the school.

Would you and your child please indicate your consent or refusal for him/her to participate in an interview in the spaces provided below? It would be appreciated if you would return this letter to the school within the next few days. Thank you for your consideration of this request.

Sincerely,

Clifford J. Anastasiou, Ph.D.
Professor of Science Education

Colin R. Mangham, B.Ed.
Graduate Student

I DO / DO NOT agree to be interviewed.

I DO / DO NOT consent for my child to be interviewed.

(Both signatures are necessary)

APPENDIX C
ALCOHOL USE SURVEY

Dear Student:

Your participation in the attached questionnaire is voluntary. You may withdraw at any time, if you wish. Before continuing, please *print* your name, school, and the date in the spaces provided below. Then, *tear this sheet off and pass it in to the person administering the questionnaire*. He or she will seal it in an envelope separate from your questionnaire. *Your answers are confidential*. This sheet, and your questionnaire, will be used *only* by the researchers.

NAME : _____

SCHOOL : _____

DATE : _____

1- _____

QUESTIONNAIRE

Dear Student:

This questionnaire is designed to obtain information about alcohol use and non-use by persons such as yourself. Your participation is voluntary, and your answers will be kept strictly confidential. If you complete the questionnaire, we will assume that you have agreed to participate. We assure you that the sheet you have turned in, and your questionnaire, will be used only by the researchers conducting this study. These individuals have no connection with the school. We hope you enjoy answering the questions, which should take less than 10 minutes to complete.

Please turn the page and begin.

Instructions

For this survey to be helpful, it is important that you answer each question as carefully as possible. For each question, please put a ☐ in the box beside your answer.

1. What is your present age?
☐ 12 ☐ 13 ☐ 14 ☐ 15 ☐ 16 years
2. Are you a male or female?
☐ male ☐ female
3. Have you ever drunk alcoholic beverages (beer, wine, or spirits) other than as part of a religious communion or ceremony?
☐ No ☐ Yes
4. Have you drunk any alcoholic beverage (beer, wine, or spirits) in the past twelve months, other than as part of a religious communion or ceremony?
☐ No ☐ Yes, once or twice ☐ Yes, 3-9 times ☐ Yes, 10-40 times ☐ Yes, over 40 times
5. Have you drunk any alcoholic beverage (beer, wine, or spirits) in the past month, other than as part of a religious communion or ceremony?
☐ No ☐ Yes, once or twice ☐ Yes, 3-9 times ☐ Yes, 10-40 times ☐ Yes, over 40 times
6. Which of the following statements best fits you?
☐ I do not drink.
☐ I seldom drink.
☐ I drink occasionally.
☐ I drink often.
☐ I drink very often.
7. There are several reasons why many young people do not drink. If you do not drink, which of the following statements describes your *most important* reason for not drinking?
☐ I drink, so this question does not apply to me.
☐ I do not like the taste.
☐ Drinking is against my religious or cultural beliefs.
☐ I am too young to drink.
☐ None of the above describes my most important reason for not drinking.
8. If you *do* drink, which of the following statements *best* describes the major reason you drink?
☐ I do not drink, so this question does not apply to me.
☐ Most of my friends drink.
☐ I like the taste.
☐ To me, it is fun to drink.
☐ None of the above describes my most important reason for drinking.

End
Thank you

1-_____

APPENDIX D
SECOND QUESTIONNAIRE

Dear Student:

Your participation in the attached questionnaire is voluntary. You may withdraw at any time, if you wish. Before continuing, please *print* your name, school, and the date in the spaces provided below. Then, *tear this sheet off and pass it in to the person administering the questionnaire*. He or she will seal it in an envelope separate from your questionnaire. *Your answers are confidential. This sheet, and your questionnaire, will be used only by the researchers.*

NAME : _____

SCHOOL : _____

DATE : _____

2-_____

QUESTIONNAIRE

Dear Student:

This questionnaire is part of a study to learn more about the reasons why some teenagers do not drink, and the pressures to drink which teenagers such as yourself may feel. Your honest answers will be helpful in gaining this information.

This questionnaire is confidential. Your questionnaire and the cover sheet which you turned in will be used *only* by the researchers conducting the study. Remember—your participation is voluntary. You may withdraw at anytime. If you complete the questionnaire, we will assume that you have agreed to participate.

Please follow the instructions carefully, and mark your answers clearly. We think you will enjoy working through the questionnaire, which should take less than an hour to complete.

Please turn the page and begin.

Begin

This is not a test. There are no "right" or "wrong" answers. Simply answer each question as honestly and as carefully as you can.

Introduction

For questions 1-3, please put a ☐ beside your answer.

1. How old are you?

☐ 12

☐ 13

☐ 14

☐ 15

☐ 16 years

2. Are you a male or female?

☐ male

☐ female

3. Which of the following statements best fits you?

☐ I do not drink.

☐ I seldom drink.

☐ I drink occasionally.

☐ I drink often.

☐ I drink very often.

Section I

Below are some reasons which might be given for *not drinking*. Following each reason, please mark with a ☐ whether *for you* it is a *very strong* reason, a *strong* reason, *somewhat* of a reason, *very little* of a reason, or *not at all* a reason for *your* not drinking.

example:

I do not like the taste.

☐ very strong
reason

☐ strong
reason

☐ somewhat
of a reason

☐ very little
of a reason

☐ not at all
a reason

To the person marking this answer, not liking the taste of alcoholic beverages is a *strong* reason for his or her not drinking.

4. I want to enjoy good health.

☐ very strong
reason

☐ strong
reason

☐ somewhat
of a reason

☐ very little
of a reason

☐ not at all
a reason

5. Others in my family do not drink.

☐ very strong
reason

☐ strong
reason

☐ somewhat
of a reason

☐ very little
of a reason

☐ not at all
a reason

6. I do not like the taste.

☐ very strong
reason

☐ strong
reason

☐ somewhat
of a reason

☐ very little
of a reason

☐ not at all
a reason

Continue on next page...

7. Some of my friends might think less of me if I drank.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

8. It is against the law for me to drink.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

9. I enjoy myself without alcohol.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

10. My friends do not drink.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

11. I am too young to drink.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

12. My parents do not allow me to drink.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

13. Girls like boys more if they do not drink.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

14. I probably wouldn't do as well in school if I drank.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

15. It is against my religion to drink.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

16. Boys like girls more if they do not drink.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

17. My family does not approve of drinking.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

18. Drinking is not very feminine.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

19. Drinking is not a part of my ethnic culture.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

Continue on next page...

20. Adults would not approve of my drinking.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

21. Drinking is just not for me.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

22. I do not like the way people act when they have been drinking.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

23. The parents of my friends do not approve of drinking by teenagers.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

24. I am more popular because I do not drink.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

25. I have seen someone else suffering from his or her use of alcohol.

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

If you have other reasons for not drinking which have not been mentioned, you may write them in the spaces below, and mark them as you did above.

26. _____

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

27. _____

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

28. _____

- ☐ very strong reason
 ☐ strong reason
 ☐ somewhat of a reason
 ☐ very little of a reason
 ☐ not at all a reason

Continue on next page...

Please read carefully before answering Sections II and III:

PRESSURE TO DRINK

The last two sections of this questionnaire are about the "pressures" to drink which may or may not be felt by young people such as yourself. The pressure to drink can be direct, such as when one's friends want him or her to drink with them. It can also be less direct, such as when someone suggests that "most people drink." Some people have said that pressure to drink comes from friends or other people, T.V. or radio commercials for beer or wine, or many other situations where people drink, talk about drinking, or show approval of drinking. Pressures to drink are simply those things which may make us feel like drinking or to want to drink. We are very interested in learning whether people your age experience pressure to drink at certain times.

In Section II, you will be given questions asking *how often* you have been in certain situations. Then, in Section III, you will be given a series of statements, and you will mark *how strong* a pressure, if any, you felt when in the situation.

Section II

Please read each question below and mark with a ☐ *how often* you have been in the situation described. (very often, often, sometimes, seldom, never)

example:

How often have you heard someone say that "Everyone drinks!"

☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never

The person marking this answer has *often* heard someone say that "Everyone drinks!"

29. How often have you heard other teenagers talking about how much fun they had drinking?

☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never

30. How often have you seen or heard about adults drinking at parties or get-togethers?

☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never

31. How often have you seen people drinking at the park or beach?

☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never

32. How often have other people your age tried to get you to drink with them?

☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never

33. How often have you been at a party or somewhere else, and it seemed that everyone but you was drinking?

☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never

34. How often have you seen people drinking on popular T.V. shows?

☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never

Continue on next page...

35. How often have you heard other students talking about how funny someone looked and acted when he or she was drunk?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never
36. How often have you heard students talking about a recent party at which they drank?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never
37. How often have you heard someone say that "Everyone drinks!"?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never
38. How often has wine, beer, or liquor been offered to you at a meal or a special occasion?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never
39. How often have you seen T.V. commercials encouraging people to drink a certain brand of beer?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never
40. How often have you felt others were making fun of you for not drinking?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never
42. How often have you seen or heard adults showing acceptance or approval of drinking by teenagers?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never
43. How often have you heard an advertisement for beer on the radio encouraging people to drink?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never
44. How often have you been encouraged to drink by a boy you really like?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never
45. How often have you been with a group of girls who were bragging about their drinking?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never
46. How often have you been at a friend's house and he or she wanted you to join in drinking some of the parents' beer, wine, or liquor?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never
47. How often have you been with a group of boys who were bragging about their drinking?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never
48. How often have you heard that some teenagers older than you were going to get together and drink?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never
49. How often have you been encouraged to drink by a girl you really like?
- ☐ very often ☐ often ☐ sometimes ☐ seldom ☐ never

Continue on next page...

Section III

Please read each of the statements below and mark with a ☐ the answer which best tell *how strong* a pressure to drink you feel when in the situations described. (very strong, strong, moderate, weak, none at all) *If you have NEVER been in the situation, simply leave the question blank.*

example:

When I see people drinking on popular T.V. shows, the pressure to drink which I feel is:

☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none

The person marking this answer feels a moderate pressure to drink when he or she sees people drinking on T.V. shows.

50. When I see or hear of adults drinking at parties or get-togethers, the pressure to drink which I feel is:

☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none

51. When I am with a group of boys who are bragging about their drinking, the pressure to drink which I feel is:

☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none

52. When other people my age try to get me to drink with them, the pressure to drink which I feel is:

☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none

53. When others make fun of me for not drinking, the pressure to drink which I feel is:

☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none

54. When I hear advertisements for beer on the radio, the pressure to drink which I feel is:

☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none

55. When I am with a group of girls who are bragging about their drinking, the pressure to drink which I feel is:

☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none

56. When I hear other teenagers talking about a party at which they drank, the pressure to drink which I feel is:

☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none

57. When I see people drinking at the park or beach, the pressure to drink which I feel is:

☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none

58. When I am at a party or somewhere else, and it seems that I am the only one not drinking, the pressure to drink which I feel is:

☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none

Continue on next page...

59. When I hear other students talk about how much fun they had drinking, the pressure to drink which I feel is:
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
60. When I hear people say that "Everyone drinks," the pressure to drink which I feel is:
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
61. When I see T.V. commercials for beer, the pressure to drink which I feel is:
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
62. When a girl I really like wants me to drink, the pressure to drink which I feel is:
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
63. When I see or hear adults accepting or approving of teenage drinking, the pressure to drink which I feel is:
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
64. When a boy I really like encourages me to drink, the pressure to drink which I feel is:
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
65. When I am at a friend's house and he or she wants me to drink with him or her, the pressure to drink which I feel is:
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
66. When I see people drinking on popular T.V. shows, the pressure to drink which I feel is:
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
67. When I hear other students talking about how good they feel when they get drunk, the pressure to drink which I feel is:
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
68. When wine, beer, or liquor is offered to me at a meal or special occasion, the pressure to drink which I feel is:
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
69. When I see or hear about teenagers older than myself going out and drinking, the pressure to drink which I feel is:
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none

Section IV

In this section, you are asked to rate the *overall* pressure you feel to drink from different sources. Mark your answer with a ☐.

70. Overall, how much pressure to drink do you feel from your friends?
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
71. Overall, how much pressure to drink do you feel from T.V. or radio advertising for beer or wine?
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none

Continue on next page...

72. Overall, how much pressure to drink do you feel from seeing and hearing about adults drinking?
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
73. Overall, how much pressure to drink do you feel as a result of hearing that drinking is fun or exciting?
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
74. Overall, how much pressure to drink do you feel in wanting to be liked by boys (if you are a girl) or by girls (if you are a boy)?
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
75. Overall, how much pressure to drink do you feel from seeing or hearing about other teenagers drinking?
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none
76. Overall, how much pressure to drink do you feel from the general acceptance of drinking in our society?
- ☐ very strong ☐ strong ☐ moderate ☐ weak ☐ none

Now, if you can think of *other* places or times when you have felt "pressure" to drink, would you mind writing them in the space below or on the back of this sheet?

Thank you!

APPENDIX E

SAMPLE TRANSCRIPTS FROM INTERVIEWS

Transcript from an Interview

Interview # 1

School # 2

Gender: Male

I = Interviewer S = Subject

I: Thanks for taking time out of your class for this interview. As you may know, I am studying the reasons for not drinking and pressures to drink among people your age. So we're going to talk about two things today. One thing we're going to talk about is pressures to drink, and the other thing is reasons for not drinking. This tape is just to help me sort out information later. I may take some notes as we talk - that's to help me remember as well. So I'll just ask some questions and you answer in your own words. O.K.?

S: Yeah.

I: For you, what are some reasons you wouldn't drink?

S: Well, uh, I don't like the taste of booze, and, um, I know that it wouldn't be right cause I'm not old enough yet.

I: Age?

S: Yea, and I know that my parents wouldn't agree with it either.

I: Uh, like, by parents wouldn't agree, you mean they wouldn't approve of it?

S: No, they wouldn't approve of it at all.

I: And you said ... Any other reasons? You've told me taste, parents' approval, age, ...

S: Yes.

I: Any other reasons you would give, that are important to you?

S: Yea, well, most of my other friends don't drink.

I: Most of your other friends?

S: Yeah, so I don't think I should drink either.

I: Of those reasons that you've told me, that is the reasons you don't drink, what one of them would be most important to you - the strongest one?

S: Knowing that my parents wouldn't agree with it.

I: By that ... there are different types of that ... one could be are you afraid your parents would be angry, that your parents would be hurt, that your parents wouldn't trust you..... What do you mean?

S: I think they would mainly be upset with me.

(Pressures to Drink)

I: By pressures to drink, what do you think I mean?

S: Umm, somebody else trying to get you to drink.

I: O.K. That's one of the things I am thinking of when I speak of pressures to drink. Just to help you understand what I mean by pressures to drink - it could be direct like someone saying "Hey, Come drink with us this weekend" - 'peer pressure'. But there are also pressures to drink which people feel from other sources. Anything - an influence - which may make a person want to drink, or feel expected to drink, or feel that they ought to drink. It's kind of the opposite to reasons for not drinking. It's a pressure toward drinking. It doesn't mean that the person does it ... they may feel that pressure but not do it. They may feel an influence in which they feel that they ought to drink, or should drink, or want to drink, or like to try it.

S: Yeah.

I: We're talking about pressures to drink, then. Could you name any pressures that you have ever felt, maybe at a specific circumstance or time. What pressures have you felt to drink?

S: Well, we were at a dinner party once, and my cousin wanted to get me a drink, and I said - I just said no, I'm not thirsty.

I: And at that particular time, you felt that feeling we talked about.

S: Yeah.

(no other pressures reported)

I: And, what is the strongest pressure you have felt to drink?

S: That time my cousin offered me booze. I thought he was going to keep on bugging me about it but he didn't.

Transcript from an Interview

Interview # 1
School # 2
Gender: Female

I = Interviewer S = Subject

I: Thanks for agreeing to be interviewed. As you probably know, I am studying the reasons for not drinking and pressures to drink among people your age. This tape is just to help me sort out information later. So I am going to ask some questions ... we are going to talk about two things, one is reasons for not drinking and also pressures to drink. Those are the two things.

S: O.K.

(Reasons for not drinking)

I: For you, what would you have as some of the important reasons for your not drinking?

S: The taste.

I: O.K. You just don't like the taste?

S: Yeah. - And the way people react, you know, when they have ... are drunk.

I: The way people act or react when they are drunk?

S: Yes.

I: So you have seen the way people act when they are drinking?

S: Uh. huh.

I: Adults? Teenagers?

S: Mainly adults.

I: Mainly adults, eh. So you don't like the way they act - that's another reason for you? What else?

S: Well, I have grown up not to drink?

I: Pardon?

S: My family.

I: Your family? You've been raised not to drink - is that what you are saying?

S: Yes.

I: You say you have been raised not to drink, so your parents do not drink?

S: No.

I: Do you have brothers or sisters?

S: Yea.

I: They don't drink either?

S: No.

I: Are there any other reasons you would have, other than what you've named already?

S: Religion.

I: So, is that a factor in your family not drinking?

S: Yes.

I: You've named "don't like the taste, don't like the way poeple act, your family doesn't drink - you've been raised not to drink, and you just don't believe in it, it's against the religious beliefs of your family." Are there any other reasons you would have?

S: No, I don't think so.

I: Of all these things we are talking about, reasons for not drinking, what is the one which is the main one - the strongest?

S: My family.

I: Your family being...?

S: Well, because my family doesn't drink and my parents don't believe in it.

I: Those sort of fit together?

S: Yes.

(Pressures to drink)

I: When I say "pressure to drink" what do you think I mean?

S: If I have the urge to drink.

I: Well, what I mean by pressure in our interview is pressure

coming from outside. It's an influence that might make you feel that you want to drink, that you may feel that you ought to drink. Some people might say, when others are drinking, that that makes them feel odd for not drinking, and that it's kind of a pressure toward drinking. That doesn't mean they do it, but they may feel pressure to. And I'm looking for those kind of things, that people might feel are pressures to drink. What are some pressures to drink, if any, which you have felt?

S: Well, I haven't felt any.

I: So, you would say you haven't felt pressure to drink?

S: No.

I: How would you explain that?

S: Well, seeing as I don't like drinking, and think it's, like, gross, I just don't have no pressures, when I see people, I think it's dumb, they shouldn't be doing it.

APPENDIX F
INTERVIEW RESPONSE CATEGORIES

Interview Response Categories: Reasons for Not Drinking

<u>Category</u>	<u>Sample Responses by Subjects</u>
I don't like the taste	"I hate the way it tastes" Well, it tastes gross."
I want to be healthy	"I really want to stay healthy" "It wouldn't be healthy"
It is against my religion	"We (members of my church) don't drink at all" "My church doesn't believe in drinking"
My parents wouldn't approve	"My dad would get really upset!" I'm not allowed - my parents just wouldn't let me"
My friends wouldn't approve	"My friends don't drink either, and they wouldn't like it if I drank" "My friends wouldn't like it."
I am too young to drink	"It would be wrong to do - I'm too young to drink." "I'm too young for one thing."
I don't like the way people act when drinking.	"I don't like what it does to people. Sometimes they act violent or are not themselves." "I don't like the way people act when they are drunk."
I just do not like drinking.	"I just don't like it" "I don't feel like drinking. Just don't want to."
Drinking doesn't do anything good	"It jsut doesn't do anything good for you" "Drinking doesn't do anything good for you"
There is nothing to be gained by drinking	"There's not much use to it" "There's nothing to be gained by it"

It is against the law

"It is illegal"

"It's against the law for minors to drink."

I don't need to drink to have fun. "It's more fun to be the way I am"

"I don't see why people drink. I have fun without it."

I have better things to do than drink

"It's a waste of time and money, I have better things to do."

"I have not time to drink. There are better things to do."

I saw someone else hurt by their drinking

"My father was an alcoholic. I saw what it did to him"

"I've seen other friends messed up by drinking"

It's stupid to drink

"I don't want to throw away my life. It's stupid."

"It's stupid"

I want to be in control of myself "I wouldn't like to come home drunk, and not know what I'm doing"

"I want to know what I'm doing"

I think it is a disgusting habit "I think it's a disgusting habit"

"It's really a bad habit"

It costs too much

"It costs too much"

"It's expensive"

Interview Response Categories: Pressures to Drink

<u>Category</u>	<u>Sample Responses by Subjects</u>
When my friends want me to drink	"From my friends wanting me to drink" "My friends talking about drinking and wanting me to"
When I am at parties	When I was at a party once with some friends." " Once when I was at a party"
When people talk about their drinking	"When my friends talk about drinking" "I have felt expected to - after a weekend when everybody was talking about it"
When I see my parents drink	"Maybe a bit by my parents, you know, because they're drinking and I say 'Why can't I?'" "Sometimes when I see my parents drinking"

APPENDIX G
BREAKDOWN OF QUESTIONNAIRE RESPONSES

A. Reasons for Not Drinking (n=72)

Rank	Mean	Item Description				
		v. often	often	sometimes	seldom	never
1.	1.63 (1.04)	I enjoy myself without alcohol.				
		n 45	18	3	3	3
		% 62.5	25.0	4.2	4.2	4.2
2.	1.72 (1.10)	Drinking is just not for me.				
		n 41	19	6	3	3
		% 56.9	26.4	8.3	4.2	4.2
3.	1.81 (1.10)	I do not like the way people act when they have been drinking				
		n 40	14	13	2	3
		% 55.6	19.4	18.1	2.8	4.2
4.	1.89 (1.04)	I want to enjoy good health.				
		n 33	22	11	4	2
		% 45.8	30.6	15.3	5.6	2.8
5.	2.13 (1.33)	I have seen someone else suffering from his or her use of alcohol.				
		n 30	22	7	4	8
		% 42.3	31.0	9.9	5.6	11.3
6.	2.33 (1.36)	I probably wouldn't do as well in school if I drank.				
		n 28	15	13	9	7
		% 38.9	20.8	18.1	12.5	9.7
7.	2.46 (1.38)	I do not like the taste.				
		n 24	15	16	7	9
		% 33.8	21.1	22.5	9.9	12.7
8.	2.5 (1.36)	I am too young to drink.				
		n 21	22	9	12	8
		% 29.2	30.6	12.5	16.7	11.1
9.	2.50 (1.56)	My parents do not allow me to drink.				
		n 23	13	20	9	7
		% 31.9	18.1	27.8	12.5	9.7
10.	2.56 (1.23)	My family does not approve of drinking.				
		n 16	22	19	8	7
		% 22.2	30.6	26.4	11.1	9.7
11.	2.67 (1.19)	Adults would not approve of my drinking.				
		n 14	19	21	13	5
		% 19.4	26.4	29.2	18.1	6.9

Rank	Mean	Item Description				
		v. often	often	sometimes	seldom	never
12.	2.76 (1.38)	My friends do not drink.				
		n 17	15	20	8	12
		% 23.6	21.1	27.8	11.1	16.7
13.	2.78 (1.57)	It is against the law for me to drink.				
		n 22	14	11	8	17
		% 30.6	19.4	15.3	11.1	23.6
14.	2.81 (1.33)	The parents of my friends do not approve of drinking by teenagers.				
		n 14	18	19	10	11
		% 19.4	25.0	26.4	13.9	15.3
15.	3.24 (1.43)	Others in my family do not drink.				
		n 10	14	19	7	22
		% 13.9	19.4	26.4	9.7	30.6
16.	3.61 (1.43)	Some of my friends might think less of me if I drank.				
		n 7	13	11	11	30
		% 9.7	18.1	15.3	15.3	41.7
17.	3.64 (1.59) (51.4)	It is against my religion to drink.				
		n 13	5	14	3	37
		% 18.1		6.9	19.4	4.2
18.	3.67 (1.30)	I am more popular because I do not drink.				
		n 4	12	16	12	28
		% 5.6	16.7	22.2	16.7	38.9
19.	4.10 (1.39)	Drinking is not a part of my ethnic culture.				
		n 5	9	7	3	47
		% 7.0	12.7	9.9	4.2	66.2
*	3.60 (1.33)	Boys like girls more if they do not drink. (girls only)				
		n 4	8	9	12	17
		% 8.0	16.0	18.0	24.0	34.0
*	3.78 (1.46)	Drinking is not very feminine. (girls only)				
		n 6	5	9	5	26
		% 11.8	9.8	17.6	9.8	51.0
*	3.54 (1.46)	Girls like boys more if they do not drink. (boys only)				
		n 1	3	3	3	11
		% 4.8	14.3	14.3	14.3	52.4

B. Pressures to Drink (Frequency Items)

Rank	Mean	Item Description				
		v. often	often	sometimes	seldom	never
1.	1.47 (0.86)	How often have you seen T.V. commercials encouraging people to drink a certain brand of beer?				
		n 50	14	5	2	1
		% 69.4	19.4	6.9	2.8	1.4
2.	2.06 (1.02)	How often have you seen people drinking on popular T.V. shows?				
		n 26	24	15	6	1
		% 36.1	33.3	20.8	8.3	1.4
3.	2.14 (0.95)	How often have you seen or heard about adults drinking at parties or get-togethers?				
		n 21	27	17	7	0
		% 29.2	37.5	23.6	9.7	0.0
4.	2.26 (1.05)	How often have you heard other teenagers talking about how much fun they had drinking?				
		n 18	29	15	8	2
		% 25.0	40.3	20.8	11.1	2.8
5.	2.31 (1.02)	How often have you heard students talking about a recent party at which they drank?				
		n 17	27	18	9	1
		% 23.6	37.5	25.0	12.5	1.4
6.	2.37 (1.01)	How often have you heard other students talking about how funny someone looked and acted when he or she was drunk?				
		n 15	26	22	7	2
		% 20.8	36.1	30.6	9.7	2.8
7.	2.49 (1.21)	How often have you heard an advertisement for beer on the radio encouraging people to drink?				
		n 16	26	15	9	6
		% 22.2	36.1	20.8	12.5	8.3
8.	2.54 (1.20)	How often have you seen people drinking at the park or beach?				
		n 13	21	24	14	0
		% 18.1	29.2	33.3	19.4	0.0
9.	2.86 (1.12)	How often have you heard that some teenagers older than you were going to get together and drink?				
		n 8	21	21	17	5
		% 11.1	29.2	29.2	23.6	6.9

Rank	Mean	Item Description				
		v. often	often	sometimes	seldom	never
10.	3.06 (1.23)	How often have you heard someone say that "Everyone drinks!"?				
		n 7	18	22	12	12
		% 9.9	25.4	31.0	16.9	16.9
11.	2.67 (1.08)	How often has wine, beer, or liquor been offered to you at a meal or a special occasion?				
		n 4	7	14	32	14
		% 5.6	9.7	19.4	45.8	19.4
12.	3.99 (1.81)	How often have you been at a party or somewhere else, and it seemed that everyone but you was drinking?				
		n 3	6	14	15	34
		% 4.2	8.3	19.4	20.8	47.2
13.	4.15 (0.83)	How often have you seen or heard adults showing acceptance or approval of drinking by teenagers?				
		n 0	3	11	30	28
		% 0.0	4.2	5.3	41.7	38.9
14.	4.26 (0.99)	How often have other people your age tried to get you to drink with them?				
		n 1	3	13	14	41
		% 1.4	4.2	18.1	19.4	56.9
15.	4.28 (1.20)	How often have you felt others were making fun of you for not drinking?				
		n 1	4	10	16	41
		% 1.4	5.6	13.9	22.2	56.9
16.	4.60 (0.78)	How often have you been at friend's house and he or she wanted you to join in drinking some of the parent's beer, wine or liquor?				
		n 1	1	2	18	50
		% 1.4	1.4	2.8	25.0	69.4
*	3.92 (1.07)	How often have you been with a group of girls who were bragging about their drinking? (girls only)				
		n 1	4	13	13	20
		% 2.0	7.8	25.5	25.5	39.2

Rank	Mean	Item Description				
		v. often	often	sometimes	seldom	never
*.	3.24	How often have you been with a group of boys who were bragging about their drinking? (boys only)				
	(1.18)	n	2	3	7	6
		%	9.5	14.3	33.3	28.6
						14.3
*.	4.71	How often have you been encouraged to drink by a boy you really like (girls only)				
	(0.64)	n	0	0	5	7
		%	0.0	0.0	7.4	10.3
						56
						82.4
*.	4.76	how often have you been encouraged to drink by a girl you really like (boys only)				
	(0.54)	n	0	0	1	3
		%	0.0	0.0	4.8	14.3
						17
						81.0

C. Pressures to Drink (Extent Items)

Rank	Mean	Item Description				
		v. often	often	sometimes	seldom	never
1.	3.61 (1.42)	When I am at a friend's house and he or she wants me to drink with him or her, the pressure to drink which I feel is:				
		n 8	6	15	9	26
		% 12.5	9.4	23.4	14.1	40.6
		<u>Never in Situation: 8</u>				
2.	3.65 (1.39)	When other people my age try to get me to drink with them, the pressure to drink which I feel is:				
		n 6	9	11	11	25
		% 9.7	14.5	17.7	17.7	40.3
		<u>Never in Situation: 10</u>				
3.	3.71 (1.33)	When I am at a party or somewhere else, and it seems that I am the only one not drinking, the pressure to drink which I feel is:				
		n 7	5	12	17	24
		% 10.8	7.7	18.5	26.2	36.9
		<u>Never in Situation: 7</u>				
4.	3.74 (1.53)	When others make fun of me for not drinking, the pressure to drink which I feel is:				
		n 10	5	6	11	30
		% 16.1	8.1	9.7	17.7	48.4
		<u>Never in Situation: 10</u>				
5.	4.06 (1.16)	When I hear other students talk about how much fun they had drinking, the pressure to drink which I feel is:				
		n 3	4	15	13	36
		% 4.2	5.6	21.1	18.3	50.7
		<u>Never in Situation: 1</u>				
6.	4.09 (1.10)	When wine, beer, or liquor is offered to me at a meal or special occasion, the pressure to drink which I feel is:				
		n 1	6	15	12	36
		% 1.4	8.6	21.4	17.1	51.4
		<u>Never in Situation: 2</u>				
7.	4.24 (1.17)	When I hear people say that "Everyone drinks", the pressure to drink which I feel is:				
		n 3	5	7	11	42
		% 4.4	7.4	10.3	16.2	61.8
		<u>Never in Situation: 4</u>				

Rank	Mean	Item Description				
		v. often	often	sometimes	seldom	never
8.	4.26 (0.78)	When I hear other teenagers talking about a party at which they drank, the pressure to drink which I feel is:				
		n 2	4	8	16	41
		% 2.8	5.6	11.3	22.5	57.7
		<u>Never in Situation: 1</u>				
9.	4.27 (1.12)	When I see or hear adults accepting or approving of teenage drinking, the pressure to drink which I feel is:				
		n 1	8	4	12	41
		% 1.5	12.1	6.1	18.2	62.1
		<u>Never in Situation: 6</u>				
10.	4.33 (1.05)	When I see or hear of adults drinking at parties or get-togethers, the pressure to drink which I feel is:				
		n 3	2	7	16	44
		% 4.2	2.8	9.7	22.2	61.1
		<u>Never in Situation: 0</u>				
11.	4.34 (1.15)	When I hear other students talking about how good they feel when they get drunk, the pressure to drink which I feel is:				
		n 4	2	8	9	48
		% 5.6	2.8	11.3	12.7	67.6
		<u>Never in Situation: 1</u>				
12.	4.35 (1.00)	When I see or hear about teenagers older than myself going out and drinking, the pressure to drink which I feel is:				
		n 2	3	6	17	43
		% 2.8	4.2	8.5	23.9	60.6
		<u>Never in Situation: 1</u>				
13.	4.49 (0.81)	When I see T.V. commercials for beer, the pressure to drink which I feel is:				
		n 0	2	18	15	47
		% 0.0	2.8	11.1	20.8	65.3
		<u>Never in Situation: 0</u>				
14.	4.51 (0.87)	When I see people drinking on popular T.V. shows, the pressure to drink which I feel is:				
		n 1	2	6	13	50
		% 1.4	2.8	8.3	18.1	69.4
		<u>Never in Situation: 0</u>				

Rank	Mean	Item Description				
		v. often	often	sometimes	seldom	never
15.	4.62	When I see people drinking at the park or beach, the pressure to drink which I feel is:				
		n	1	2	1	14
		%	1.4	2.9	1.4	20.3
		Never in Situation: 3				
16.	4.64	When I hear advertisements for beer on the radio, the pressure to drink which I feel is:				
	(0.79)	n	1	1	5	9
		%	1.4	1.4	6.9	12.5
		Never in Situation: 0				
*.	3.70	When a girl I really like wants me to drink, the pressure to drink which I feel is: (boys only)				
	(1.59)	n	4	1	1	5
		%	19.6	4.8	4.8	23.8
		Never in Situation: 1				
*.	3.93	When a boy I really like encourages me to drink, the pressure to drink which I feel is: (girls only)				
	(1.42)	n	4	5	3	7
		%	9.8	12.2	7.3	17.4
		Never in Situation: 10				
*.	4.05	When I am with a group of boys who are bragging about their drinking, the pressure to drink which I feel is: (boys only)				
	(1.16)	n	1	1	4	5
		%	4.8	4.8	19.0	23.8
		Never in Situation: 0				
*.	4.09	When I am with a group of girls who are bragging about their drinking, the pressure to drink which I feel is: (girls only)				
	(1.20)	n	2	4	5	9
		%	4.7	9.3	11.6	20.9
		Never in Situation: 8				

D. Pressures to Drink (Overall Pressure Perceived)

Rank	Mean	Item Description				
		v. often	often	sometimes	seldom	never
1.	3.93	Overall, how much pressure to drink do you feel in wanting to be liked by boys (if you are a girl or by girls (if you are a boy)?				
	(1.28)	n 3	11	9	13	3.5
		% 4.2	15.5	12.7	18.3	49.5
2.	4.06	Overall, how much pressure to drink do you feel from the general acceptance of drinking in our society?				
	(1.25)	n 4	6	11	11	40
		% 5.6	8.3	15.3	15.3	55.6
3.	4.13	Overall, how much pressure to drink do you feel as a result of hearing that drinking is fun or exciting?				
	(1.22)	n 4	6	7	15	40
		% 3	4	10	13	42
4.	4.21	Overall, how much pressure to drink do you feel from seeing or hearing about other teenagers drinking?				
	(1.14)	n 3	4	10	13	42
		% 4.2	5.6	13.9	18.1	58.3
5.	4.26	Overall, how much pressure to drink do you feel from your friends?				
	(0.99)	n 1	5	7	20	39
		% 1.4	6.9	9.7	27.8	54.2
6.	4.44	Overall, how much pressure to drink do you feel from T.V. or radio advertising for beer or wine?				
	(0.89)	n 0	4	7	14	46
		% 0.0	5.6	9.9	19.7	64.8
7.	4.58	Overall, how much pressure to drink do you feel from seeing and hearing about adults drinking?				
	(0.70)	n 0	1	6	15	50
		% 0.0	1.4	8.3	20.8	69.4